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## Singers: Are Voice Lessons Hurting Your Voice?

*What your voice teacher isn't telling you, or doesn't even know.*

CHICAGO, IL, DATE: -- Though most singers prefer popular styles like rock, r&b, country, or jazz, most voice teachers teach what they know, which is classical (or opera) singing. They often tell doubting students that “good singing is good singing,” implying that one kind of training applies to all styles of singing, but that isn’t entirely true.

Singers do need a good technique in order to be competent at their craft and maintain vocal health, but there isn’t a single technique that’s right for all types of singing. Meredith Colby, author of the book *Money Notes: How to Sing High, Loud, Healthy, and Forever* (Wiselink Creative Publishing) aims to help singers of popular styles achieve healthy, lifelong singing using Neuro-Vocal Method, a singing method based on brain science.

“Just as classical ballet takes different dance techniques than hip-hop, opera takes different singing techniques than heavy metal, bluegrass, or contemporary musical theater,” explains Colby. “If your voice teacher is insisting that good technique applies to all types of singing, she’s probably classically trained and might not know any other way. If she feels strongly that singing the popular styles is bad for your voice, she may not have all the facts. You can sing the music you love, sound great, and sing for the rest of your life.”

Meredith Colby is a Chicago area author, voice teacher, and coach with over twenty-five years of experience teaching singers of popular styles. A busy freelance singer herself for over twenty years, Colby knows what it means to be a working singer who relies on good vocal technique and health. Her love of teaching combined with her interest in neurology to inspire a two decade experiment, with her students as the subjects. The result was a method of teaching the voice by training brain; she calls it Neuro-Vocal Method.

If the music you love to sing is a popular style -a style that’s typically sung into a microphone - Colby suggests you ask a prospective voice teacher these four questions:

### 1. Do you have teaching qualifications?

Voice teaching is an unregulated profession, so anybody can hang out a shingle saying they teach voice. Find out whether your teacher has studied *how* to teach voice, or has a certification to teach a certain method. Find out whether she has a college degree in music,

how long she's been teaching voice, whether she plays an instrument, and how much professional performance experience she has.

## 2. What kind of music do you sing?

Most voice teachers don't set out to be teachers; they want to be singers. Teaching is often a sideline profession that is more interesting and prestigious than waiting tables. So finding out whether your teacher is a singer of classical music - or opera - will tell you a lot about what kind of music he teaches. Also, don't be afraid to ask your teacher to sing for you. He'll be flattered (if you're nice about it) but he'll also be demonstrating the kind of singing he teaches.

## 3. What's your opinion of the kind of music I sing?

If your heart's desire is to sing country music, then ask your teacher what she thinks of a couple of country music singers; specifically what she thinks of their vocal technique. If she genuinely seems to enjoy that person's singing, that's a good thing. If she says that the way a famous singer is singing is wrong and that they're ruining their voice, then you can be sure she'll insist on teaching you classical technique.

## 4. What kind of performing are your other students doing?

If your goal is to sing in a band, record your own songs, or audition for contemporary musical theater, it's helpful to have a teacher whose students are working on similar goals, or involved in similar projects. If you want to front a band and your teacher tells you that his students sing in choirs and local opera companies, you may be barking up the wrong tree. Likewise, if you have professional aspirations and your teacher can't cite any examples of professional singers in his studio, you should be aware that you'll need to use other professional resources beyond that voice teacher.

For free downloads of both a sample chapter of *Money Notes: How to Sing High, Loud, Healthy, and Forever*, and the professional report *How to Make an Unforgettable Impression on Stage*, go to [www.MeredithColby.com](http://www.MeredithColby.com). Sign up for Money Notes Blog, bi-monthly support and guidance for freelance voice teachers and their students.

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### About the Author:

Meredith Colby is the creator of Neuro-Vocal Method; a training technique using brain science for singers of popular styles. Since 1990 she has been teaching voice lessons to individuals and groups in the Chicago area, giving professionals the training they need to stay healthy on tour or make it through the run of the show, and helping avocational singers reach their goals. She spent over twenty years as a busy, professional singer singing with many Chicago society bands, on cruise ships and industrial gigs, in shows and recording studios, with the Nelson Riddle Orchestra and her own jazz trio.



**About the Book:**

*Money Notes: How to Sing High, Loud, Healthy, and Forever* (Wiselink Creative Publishing, 2017) is available on [www.Amazon.com](http://www.Amazon.com), [www.BarnesAndNoble.com](http://www.BarnesAndNoble.com), [www.MeredithColby.com](http://www.MeredithColby.com), and wherever e-books are sold.

**Review Copies and Media Interviews:**

For a review copy of *Money Notes: How to Sing High, Loud, Healthy, and Forever* or an interview with Meredith Colby, please contact Ms. Colby at [MC@MeredithColby.com](mailto:MC@MeredithColby.com) or at 847-863-5444. When requesting a review copy, please provide street address.

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